

Summer
Mustang
August 9 – August 15, 2001

Let's talk about sex

New contraceptives are not all they are made out to be

By Kat DeBakker

SUMMER MUSTANG STAFF WRITER

With so many birth control options on the market, each one claiming easy, convenient and effective pregnancy prevention, it seems as if complications such as the Dalkon Shield IUD pelvic inflammatory disease scare of the 1970s are passe. The Dalkon Shield IUD was taken off the market in the '70s due to an abnormally high incidence of infertility and pelvic infections. Health clinics provide glowing handouts about the convenience of just taking a pill or getting a shot and having all reproductive worries become a thing of the past.

Rachel (not her real name,) a Cal Poly student, recalled her personal experience with various birth control methods claiming to be the easiest, most effective means of pregnancy prevention.

"I was on Ortho Tri-Levelin in high school for a couple of years," she said. "It made me gain weight and it made me really moody. It magnified every feeling I had — even if I was a little bit sad or a little bit insecure about something, it just intensified the feeling."

The Cal Poly Health Center offers diaphragms, Depo-Provera, condoms, emergency contraceptives and birth control pills, said Marina Perez, head of nursing services at the Health Center.

"Most of our clients are on oral contraceptives, so I believe it is the most popular," Perez said in a previous Mustang Daily article.

Planned Parenthood reported that common side effects to the pill are bleeding between periods, weight gain or loss, breast tenderness and depression, and that pill users have a slightly greater chance of certain major disorders than non-users, the most serious being the possibility of blood clots in the legs, lungs, heart or brain.

A June 11 article in USA Today reported that nearly seven in 10 women ages 18 to 45 who currently use or have used birth control pills in the past five years have discontinued a particular pill because of negative side effects.

Rachel has also tried the Depo-Provera shot, which she received at Planned Parenthood after reading a long list of possible side effects.

"I should have known what I was getting into," she said. "They made it seem like I was signing my life away."

The Depo-Provera Web site stated that "Depo-Provera has been used safely by millions of women in over 100 countries around the world for more than 30 years." The Web site reported that the most common side effect is bleeding between periods and that many women stop having periods altogether after about 12 months due to the hormones causing a resting state in the ovaries. Less common side effects, "just like with the pill," are reported to be nervousness, dizziness, stomach discomfort, headache and fatigue.

"(Depo-Provera) was horrible," she said. "It put me into what I felt was a clinical state of depression. I didn't even want to get out of bed in the morning. I even got kind of suicidal, which is not me. I couldn't even try and be positive about things. A lot of people I've talked to who have been on it have had the same experience."

Indeed, there is an entire Web site devoted to Depo-Provera horror stories located at www.abcmarketing.com/depo-provera/. Many women on the site reported situations of depression much like Rachel's experience.

"I almost killed myself over Depo," one woman reported on the Web site. "I have never been depressed ever in my life."

Another Depo-Provera user said she "just wanted it all to end" and "didn't know why."

Rachel reported being depressed for the entire 13-week duration of the treatment.

"It even took a while afterward, about two weeks to a month, until I felt like all the hormones were out of my body," she said.

A May 20 article from the San Francisco Chronicle reported that the lack of perfect contraceptives on the market is due to limited spending on contraceptive research, especially compared with other medical condi-

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CRYSTAL MYERS/SUMMER MUSTANG

The Center, located at 705 Grand Ave., and Cal Poly's Health Center, offer contraception packages free-of-charge to the public. Pregnancy tests and other forms of contraception are also available for a small fee.

Cal Poly addresses sex education

By April Pack

SUMMER MUSTANG STAFF WRITER

Cal Poly's "learn by doing" motto apparently holds true under all circumstances, including the area of sex. But professors teaching in the fields of sexual behavior said there is a real need for education and that Cal Poly is reflective of what has been happening on most college campuses: sexual activity runs rampant.

The only classes on the Cal Poly campus that teach about sex are offered through the psychology and human development department. One class in particular that concentrates wholly on the issue of sex is PSY 205 Human Sexuality, an undergraduate class that is offered credit or no credit. Anne Goshen, the professor who teaches the class, said that there seems to be a great demand for the course since she gets at least 125 to 140 students who register for it during winter and spring quarters.

The class looks at sex from all different perspectives: historical, cultural, research and practical. Relationship issues, sexual dysfunctions and sexually transmitted infections (STIs), the term now used over STDs, are thoroughly discussed.

Goshen said that every quarter she teaches the class she is surprised to see the responses that students give on papers and tests that show their lack of knowledge concerning many aspects of sexuality.

"There is obviously a real need for this class because the information gap was more significant than I expected," Goshen said.

Goshen said that this lack of knowledge is probably a result of many things. One reason she gave was that, in high school, students are given the basics in health education classes, but she said, many do not get as much information from home at an early age because of the uncomfort-

able nature of the topic.

Another course that dedicates a section of its material to human sexuality and family planning is PSY 103 Pairing and Marriage. Harry Busselen, the professor, said that psychology classes talk about sex because it is a big component among young people in general. Busselen said that it is extremely important to have education in the area of sex. He explained that documentation showed in the 1990s that women as young as 11 were becoming pregnant, and that one-third of all women became sexually active by the age of 14.

Busselen said that this is because people are starting to see sex earlier in life from TV programs, like on MTV, which "blatantly present sex."

"By the time people are 16 to 19 years of age, they think they're invincible and don't see the consequences of their actions," Busselen said.

He explained that the pregnancy rate declined five to six years ago. This trend can be attributed to the teaching of responsible sex education, he said.

"Sex is never an emergency; you have to be consciously responsible," Busselen said.

A sign of the times is the increasing number of new organizations concerned with sexual education. Busselen explained that these numbers reflect the epidemic proportion of sexually transmitted infections. He said chlamydia infects 25 percent of female students, and heterosexual women between the ages of 20 and 30 are the most rapidly growing group with HIV.

Another organization on the Cal Poly campus that educates about STIs and other areas of sex is Health Education, located downstairs from the Health Center.

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Local organizations work to change community's silent criticism

By April Pack

SUMMER MUSTANG STAFF WRITER

Last year when the Gazette newspapers announced that they would not print any events or news that involved gays and lesbians, it became a time for the community to re-evaluate itself. People wondered what the reactions would be and what the general stance on homosexuality was in San Luis Obispo County.

San Luis Obispo proved that it did not necessarily have the conservative mentality it is often viewed to possess.

"It was amazing how the community stood up for what they believed was right," said Becky Jorgenson, the president of the Central Coast chapter of Parents and Friends of Lesbians and Gays (PFLAG). Jorgenson said

that the Gazette controversy showed that San Luis Obispo is a pretty open-minded community since the five newspapers had to merge into one because of the lack of advertising it received after its announcement.

But Jorgenson stressed that there is still a need for organizations like PFLAG.

"Until two gay men can walk down Higuera Street holding hands without any glares, we need things like PFLAG," she said.

Jorgenson explained that people always say that gays want special rights, but she explained that they just want equal rights, like to be able to visit a dying partner in the hospital.

PFLAG works toward obtaining these equal rights. Every Thursday night during Farmers Market, it sets

up a booth and offers free literature and answers questions.

"If a boy walks by (our booth) but he can't come to the table because he is afraid that someone will see him, but still gives us the thumbs up, then it makes it all worth it," Jorgenson said.

Another goal PFLAG projects is diversity training in all schools in San Luis Obispo County. In the fall, it will train staff, faculty, and administrators at San Luis High School on diversity and acceptance so they can, in turn, teach the students.

Another group that works toward acceptance and diversity is Gays, Lesbians and Bisexuals United (GLBU), which is rooted on the Cal Poly campus.

Last year's president, Patrick Hoesterey, said that there is absence

of diversity on any level at Cal Poly, not only in the gay population but also in racial diversity.

Hoesterey said that the biggest problem he encountered was when he lived in the dorms, with nothing extreme happening, except for the occasional dirty look or he would hear someone talking about him. Hoesterey said that it was a sense of discomfort more than direct actions.

"There is quiet disapproval in San Luis Obispo rather than lashing out," he said.

Jeni Hall, a member of GLBU, has also felt a sense of discomfort.

"San Luis Obispo is not overly accepting, and there is a lack of outlets and meeting places (for gays and lesbians)," Hall said.

Breaking down the stigma...

Local shop provides comfortable atmosphere for buying intimate apparel, adult products

By Anne Guilford
SUMMER MUSTANG STAFF WRITER

"Adult stores" can be intimidating. They also tend to have a bad reputation. The average patron is stereotyped as being a lonely, single, sunglasses-sporting male who goes late at night and parks down the street just in case someone he knows spots his vehicle in the parking lot.

But not all stores carrying adult products have large neon XXX signs on their roofs. They don't all have "private video viewing booths." And they aren't all located in the shady end of town.

People of all types — old and young, male and female, married and single — are patrons. There has been a movement to breakdown the stigma and to provide a more comfortable atmosphere for the shoppers.

In San Luis Obispo, there is a store that has made an effort to put their customers at ease.

Fanny Wrappers started out 17 years ago as a clothing store and it evolved into lingerie because that's what it sold the most, said owner Terry Trevis. She said she felt that there was a void in the San Luis Obispo marketplace and made the

switch.

Fanny Wrappers had its 10-year anniversary at its current location on 799 Higuera St. this June. Trevis said that the store moved from its old location of 733 Higuera St. for better

"We try to create an environment where women can feel comfortable making a purchase that will enrich and add to the betterment of their relationship,"

Terry Trevis
Owner of Fanny Wrappers

exposure.

"It's one of the best locations in town," she said.

The store is predominantly a lingerie store and carries a wide variety of items. Their specialty is bras, of which they carry 50 types.

"We'd like to think we have something for everyone," said RyAnne Lukin, manager of Fanny Wrappers.

The inside of the store is pleasantly lit, and a parachute that is tacked to the ceiling diffuses the lights to

create a warm glow. The walls are painted in warm pastels and the clothing is arranged aesthetically and so that sizes and styles are easily found.

In a niche on a side wall there is a modest, yet adequate, selection of adult products. Customers don't need to sneak to the back and they aren't confronted with elaborate displays at the front of the store either.

"We try to create an environment where women can feel comfortable making a purchase that will enrich and add to the betterment of their relationship," Trevis said. "We're not trying to sell sex, rather romance and sensuality."

Customers seem to appreciate the store's environment.

"I love Fanny Wrappers," said a patron who preferred to remain anonymous. "Sometimes I go there to buy my friends gifts because I know they would enjoy them but they aren't ready to buy things for themselves."

Patrons are predominantly female, Lukin said, and she has seen "college students to women in their 50s and 60s" in the store.

Poly Briefs

By Erica Tower

Condoms are not efficient for all STDs as believed

A panel of scientists at the U.S. National Institute of Health (NIH) has confirmed what experts have known for years: the proper use of condoms dramatically cuts the risk of sexually transmitted diseases (STDs) gonorrhea and HIV. The findings, though, are not so bright for other STDs.

The panel said it was "unclear" just how useful condoms might be in preventing the spread of infections such as human papillomavirus, genital herpes and syphilis.

After reviewing a total of 138 studies, the panel of scientists convened at Congress to report that men who said they "always" used condoms during sexual intercourse reduced their risk of transferring HIV to either a female or male partner by 85 percent. Consistent condom use was also credited with reducing the risk for gonorrhea infection by anywhere from 49 percent to 100 percent.

Published data is also "insufficient" to draw meaningful conclusions regarding the effectiveness of condom use in preventing a group of STDs characterized by genital ulcers — syphilis and genital herpes, according to the panel.

In any case, absence of any definite proof that condoms do not prevent all STDs should not be taken as

a reason to discontinue with their use, NIH experts concluded.

"Beyond mutual lifelong monogamy among unaffected couples, condom use is the only method for reducing the risk of HIV infection and STDs available to sexually active individuals," they said.

New technology detects tumors with less pain

There is good news for women who believe they are at high risk for contracting breast cancer — biopsies may soon become a thing of the past.

A new device that uses sound waves to analyze lumps deep within the body could save millions of women from going through the painful breast biopsy procedure. The technology uses ultrasound waves to distinguish malignant (cancerous) tumors from benign (non-cancerous) tumors by measuring their elasticity.

Currently, lumps are found using X-ray mammograms, ultrasound or physical examination — but these methods only locate the growth. The only way to determine whether the lump is malignant is to perform a biopsy, which means surgically removing part of the lump. And between 60 and 80 percent of lumps turn out to be benign.

The new device is being developed at Duke University.

SEX ED

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Health Education has created a team of nine Cal Poly peer health educators called Educational Resources on Sexuality (E.R.O.S.). The group has many responsibilities including one-on-one consultations with Cal Poly students on all issues relating to sexuality. These sessions are private, individual and confidential, said Health Education Director Rojean Dominguez. The educators talk to women who come in for Pap smears, and what happens during the procedure and why it is needed. They also consult on contraception, communication and relationships, STIs, HIV and AIDS.

Additionally, the peer health educators give presentations to residence

halls, fraternities, sororities, and various classes. Dominguez said that each presentation usually involves one or two games like sex jeopardy or the "the Bob story," which tells how many different sex partners "Bob" has had to illustrate how easily STIs are spread.

Health Education also provides free condoms and latex squares, a barrier method for oral sex. Every year the E.R.O.S. group comes up with a new safe-sex package. This year's condom covers say, "Saddle up and Ride," using the Cal Poly Mustang mascot as a graphic on the front. The cover also gives usage instructions about how apply and use the condom properly.

"We used Cal Poly's mascot to take away the negative stigma (of sex) and make it a little more fun," Dominguez said.

PFLAG

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She explained that she joined GLBU in order to meet people. Hall said that recently the club has not encountered any problems. But, she said, "there are always editorials and people talk, but don't necessarily say it to us, which is typical of SLO."

GLBU also sets up a booth at Farmers Market and holds weekly meetings. Although only 15 to 20 students attend the meetings, Hoesterey said that they have over 100 people on their e-mail list.

The club also goes to human sexuality classes to speak and lead discus-

sions.

"People respond well when they can sit and talk with gays," Hoesterey said.

Last year, for the first time, the GLBU hosted a two-week event called "commUNITY pride" in May. It featured gay and lesbian events, speakers, dances, workshops and a roundtable discussion, which was all open to the public. The event is now going to happen annually.

Hall said that they have to champion any political subject as well. She explained that right now they are promoting Proposition 22, which is an amendment allowing same-sex marriages.

OPTIONS

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


"We can make nuclear this and that, but not birth control for

women," said a woman in the article who opted for tubal ligation. "We get the brunt of it — we have periods, cramps and then we're pregnant for nine months, we breastfeed ... Men have the joy of it all."



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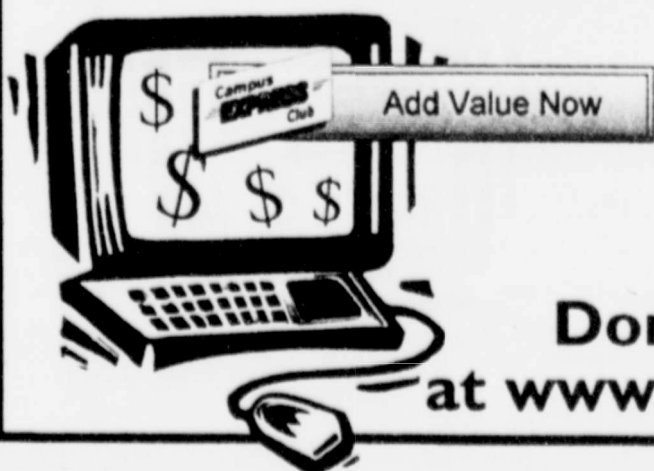
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Veteran artist, teacher uses water to brush life into landscape

By Erica Tower

SUMMER MUSTANG ARTS AND FEATURES
EDITOR

Long-time art teacher and director of the art gallery at Allan Hancock College in Santa Maria, artist Marti Fast was used to hanging other peoples' work on the walls. But at the San Luis Artists' Gallery on Higuera Street in downtown San Luis Obispo, it is her own watercolors and figure drawings that ornament the building's white interior.

"This is my first individual collection on display and it is very exciting," said Fast who recalled having all kinds of drawing and painting experiences as a child. "My father, Nat Fast, is a well-known watercolor artist on the Central Coast, and my parents actually met in art class at San Jose State University."

Though this collection, entitled "Trunk Show," is Fast's first individual art exhibit, her roots and experience as an artist

make her a veteran at her trade. She has been teaching art for more than 25 years and painting seriously since the age of 18.

"Although I always did art in high school, I didn't start taking serious art classes until I attended Allan Hancock College," Fast said. "From the instant I took my first art classes, I knew it was what I wanted to do all of the time."

"Trunk Show," a collection which took Fast approximately six weeks to complete, includes figure drawings and watercolors that recreate the distinctive landscapes of the Central Coast and Yellowstone National Park as well as parts of Wyoming and Alaska, where Fast recently vacationed.

"I take sketch books wherever I go," she said. "When I got back from these incredible places, it just wanted to burst out on paper. Some paintings paint themselves. You just become one with the subject and it splashes right down on the page, and maybe in six hours there it is — this thing that you imagined in your mind's eye."

Fast described her style as extremely gestural in technique, which produces artwork that seems to blend elements of expressionism

and impressionism, although it was a tough for the artist to classify her style as one thing in particular.

"My artwork is all about quick gestures — I always start watercolors with really loose strokes," Fast said. "This method is the key element in everything that I paint because it captures the core energy of what a person or place is about."

Fast uses sketches and photographs for reference when she works. She said that whereas the landscape doesn't move on her, with animals and people, sometimes her model will get up and walk away. Though this can be frustrating, Fast said that "it's kind of neat" because it forces her to work quickly.

"It's a great mental exercise," she said.

Fast chooses to use watercolor because of the chemistry that the paint and water have on a canvas.

"Happy accidents can happen with watercolor," she said. "The paint and paper work together, and if

you don't fiddle with them so that you wreck that chemistry, they'll do things you never thought of doing yourself. With watercolor, a certain magic happens on the page."

Marti Fast

artist completes many of her paintings in one sitting, she is often forced to leave unfinished pieces and return to them later, which can be challenging.

"Some paintings do happen in one sitting, but others get a wild start," Fast said. "I usually start four or five paintings all at the same time, but might not be in the same place when I try and come back to them — it can be hard."

As far as the curious title of the exhibit is concerned, "Trunk Show" acquired its name from a number of related factors. Fast attributed the title to the subjects she prefers to paint, her recent vacation, and her uncertainty of what this collection would feature.

"I paint human figures and trees, which both have trunks," she said. "I just got back from vacation, which is a bit trunk-like, and when I agreed to do this exhibit, I didn't know what I would be contributing in or if I'd have to reach back into a dark trunk for some of my older pieces."

Fast said that the best part about



Watercolor paintings such as the one above, by artist Marti Fast, right, are currently on display at the San Luis Artists' Gallery located at 570 Higuera St. in downtown San Luis Obispo. Fast has been painting seriously since the age of 18 and has taught art classes at Allan Hancock College in Santa Maria for 25 years.



CRYSTAL MYERS/SUMMER MUSTANG

having her artwork on display is being acquainted with the people who buy her paintings and knowing that her work has a good home to go to. "It's a really special feeling when people you care about have something of yours in their home," she said.

On the flip side, Fast said that the most rewarding part of teaching young artists is helping students to break through a brick wall that lifts

their artwork to another level.

"Some hit the wall right away, while others hit it later," she said. "But when a student perseveres and breaks through, to me, that is the greatest thing. It's like they rocket up to the stars and suddenly have a whole new language to work with."

In the future, Fast said that her goal is to "slash some things off the list and keep painting because there is a lot more in there that

wants to get out."

"With this show I really discovered that I love studio painting," Fast said. "It's hard to sandwich time to paint between teaching and the gallery, but I had this summer free to just paint and it was incredible."

"Trunk Show" will be on display through August at the San Luis Artists' Gallery located at 570 Higuera St. For more information, please call 547-9396.

MP3s enjoy life without Napster

By Amanda Groover

INDEPENDENT FLORIDA ALLIGATOR

(U-WIRE) GAINESVILLE, Fla.—When Napster was shut down earlier this year, some people thought their file-sharing days were over. But more and more students now are taking advantage of new technology available to give

people more options to share mp3s and other files.

Gnutella, BearShare and LimeWire are a few names in the new arena of free file sharing. Although these programs may seem a lot like Napster, they are fundamentally different.

"Napster was a hosted service," said Jonathan Levinson, co-found-

ing director of Gnutella. "We don't provide hosted servers. We provide a browser."

Gnutella, BearShare and LimeWire are file-sharing programs that are built from Gnutella, which is a technology that allows users to exchange computer files with each other. Gnutella is a program created with Gnutella technology, from

which it takes its name.

Other file-sharing programs that do not use Gnutella technology include Kazaa and Audiogalaxy.

University of Florida systems programmer Greg Goddard said Gnutella and the other new file-sharing technologies can't be shut down like Napster.

"When you're dealing with a dis-

tributed system like Gnutella, it's harder to go after specific individuals for copyright infringement," Goddard said.

Goddard said about 10 percent of UF's total available bandwidth is occupied by Kazaa and Gnutella use, indicating that many UF stu-

see MP3, page 5

Chan, Tucker fans shouldn't 'rush' for sequel

By Jason Brennan

SUMMER MUSTANG STAFF WRITER

For those who saw the first "Rush Hour," not much is missed by skipping its sequel. In "Rush Hour 2," much of the same jokes are used from the first film — ultimately it lacks any sort of creativity.

The fabulous comedic/action duo of agent Carter, played by Chris Tucker, and agent Lee, played by Jackie Chan, return for the sequel and try their best to keep the audience entertained. However, this film comes up short in creating a new storyline.

The film begins, as did the first, in Hong Kong. From there, the location changes shortly to Los Angeles (also as it did in the first film) and then concludes in the action-packed city of Las Vegas. The jump from city to city is also in chase of an illegal counterfeit plate manufacturer, similar to the first film's premise.

Through the film, Carter teams up with Lee as police officers in search of the "bad guys." The first "Rush Hour" ends where the second picks up. Lee tells Carter that the two are going to Hong Kong on vacation. As soon as they arrive, the American Embassy is bombed and two Americans are killed. At the head of this bombing is Lee's arch nemesis Ricky Tan, the man who killed his father, who at the time was Hong Kong's finest police officer.

Lee and Carter catch up with both Tan and his partner Steven Reign, who run an illegal operation in Las Vegas. Lee and Carter completely disrupt the grand opening of a casino



COURTESY PHOTO/WWW.RUSHHOUR2.COM

Chris Tucker and Jackie Chan star in 'Rush Hour 2,' current playing at movie theaters. The film made \$68.5 million during its opening weekend.

that the two villains own. This is all made possible due to the large amount of counterfeit money that the two use to open the casino.

After a complete destruction of the casino,

Lee and Carter recover the plates while Tan and Reign are left dead at the hands of the two heroes. The movie ends, as did the first, at the airport, where the two plan to vacation in New York. Unfortunately, for the audience,

this insinuates an almost guarantee for yet another overdone sequel. There are still a few major cities left for the creators of "Rush Hour" to destroy.

For the most part, the counterfeit money-making operation was an easier storyline to follow than the plot to the first "Rush Hour." Besides this, the rest of the movie seemed less violent than the first, making it more suitable for children to watch.

The action scenes in "Rush Hour 2" are bigger and better. Unfortunately bigger and

"Tucker and Chan...try to keep their audience entertained, but this film comes up short in creating a new storyline."

better action scenes do not make a better movie. Ultimately, the comedic aspect of the movie is hindered by the use of the same material from the first movie.

Both Tucker and Chan are incredibly talented actors, however this film did neither any justice to the futures of their respected careers. Tucker's comedic gift will allow "Rush Hour 2" to produce very high revenue, but fortunately for him, better roles as well as better scripts hopefully will come across throughout his career. Chan continues to further his film career with the use of his amazing martial arts capabilities. He has redefined comedies while displaying an incredible talent in martial arts.

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MP3

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dents are taking advantage of the new file-sharing programs.

Even though it once took up as much as 12 percent of UF's available bandwidth, Napster use currently is taking up less than 1 percent. Even if Napster becomes available as a subscription-based service, Goddard said he doesn't foresee much success for the program.

"As long as people can find what they want for free," he said, "they're not going to pay for it."

Gnutella works by connecting each user to about five hosts. Each of those hosts is connected to five other hosts, and so on. The first user then is ultimately connected to a large number of other users through this chain of hosts.

This system means that there is no centralized server that can be shut down. Each user is a server. Levinson said it would be extremely difficult to shut down Gnutella for technical reasons, and legally the technology does not encourage copyright infringement like Napster did.

"It's just a platform to search for files," he said. "Plus, all the users have to agree to a disclaimer before they use the program that says they won't use it to do anything illegal."

Levinson said another major difference between the new programs and Napster is the ability to share

all types of files instead of just mp3s.

"You can, potentially share any file on your hard drive," he said. "We've got people sharing everything from movies to recipes."

Levinson said an advantage of Gnutella is that users who may get cut off in the middle of a download are able to reconnect and download the remainder of any incomplete files without starting over. Users also can search for up to three files at the same time. Gnutella is funded entirely by advertisements now, but Levinson said that once enough customers are acquired, the company hopes to start selling upgraded versions of the software.

Levinson said he is optimistic about the future of Gnutella, as the number of users is increasing rapidly.

Goddard said he likes the new technology, but he sees some potential problems with the Gnutella network because an increasing number of users might ultimately slow down the program. Gnutella was developed in the spring of 2000, but didn't see a sharp rise in users until Napster was shut down earlier this year.

Levinson said the number of Gnutella program downloads would "go through the roof" whenever bad news hit Napster.



THIS MESSAGE BROUGHT TO YOU BY THE OFFICE OF NEIGHBORHOOD SERVICES. 781-7317

A conscious decision: Nothing wrong with being a virgin

This commentary is about sex, or more appropriately, my lack thereof.

Yes, I am a virgin. Because I am a virgin, I am often subjected to the myths and stigmas attached to it. They have been particularly annoying lately.

Commentary

Many of my acquaintances (especially the male ones) see my current state of sexual inactivity as unnatural. I have been informed that "to be so ripe but to have not yet been picked" is rare. I have been described as an "untapped resource." I have even been told that no male wants to sleep with a virgin and I'd be lucky to find a guy who would take pity on me and have sex with me even though it would not be enjoyable for him.

That's all too bad. I am not a "receptacle" (as another acquaintance describes some of his partners), and I am not worried about some guy not wanting to sleep with me because it wouldn't be pleasurable enough for him. I would never sleep with someone whose only concern is his own satisfaction level anyway.

I have been told that I should "just get it over with" because they think I am building sex up to be more than it

really is. But I'm not. I actually don't think that sex will be all that great until I have found a guy who I am comfortable with. Even then it may take some time until we can work out some of the difficulties and details.

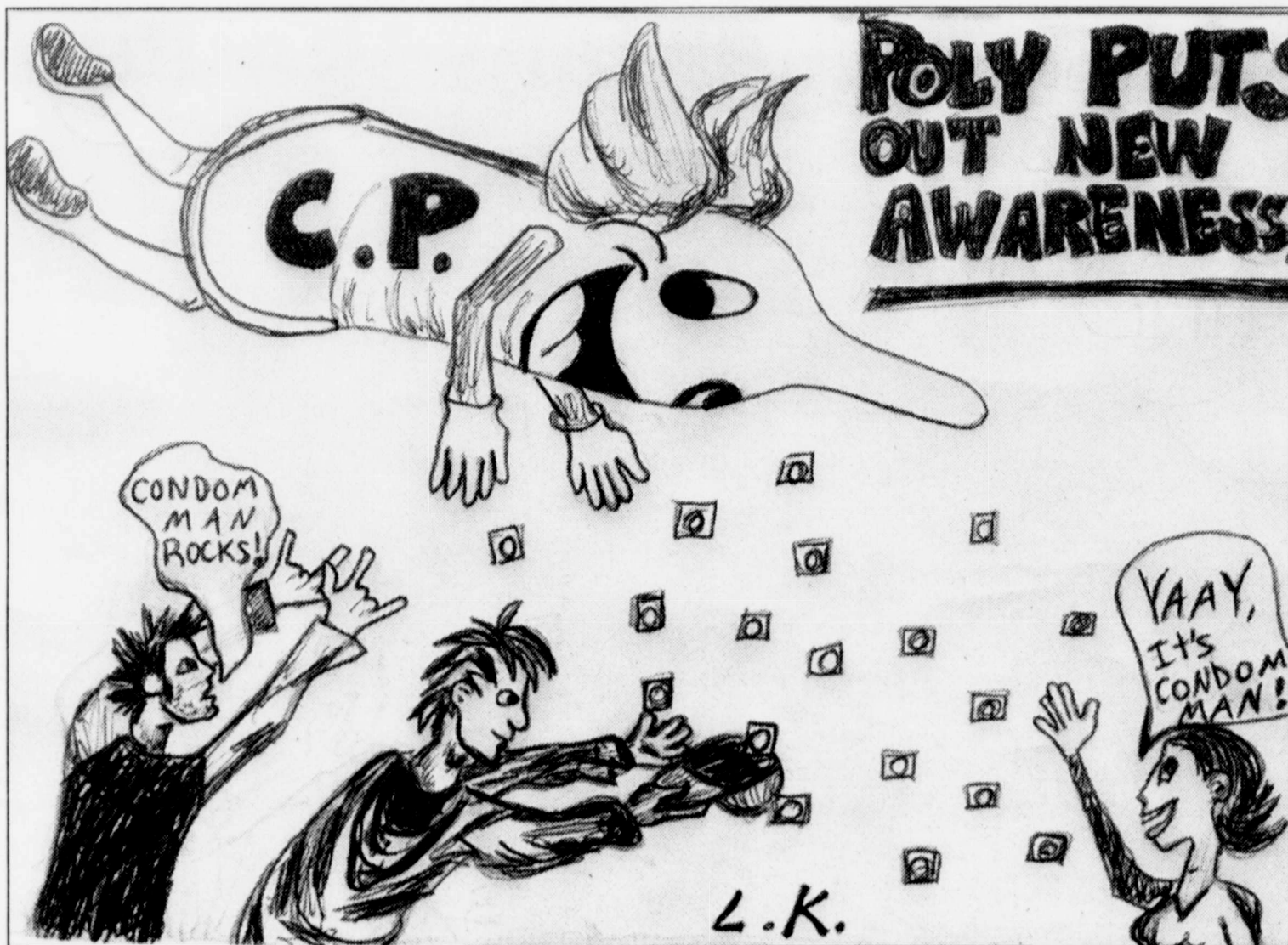
My abstinence has nothing to do with religious convictions because at this point in my life I don't have any. It has nothing to do with my looks. I am not overweight, I am not ugly, I am not deformed, and there is not a significant lack of guys who would "do me" if given the opportunity.

The only explanation for my abstinence is my free will. It is a decision that I have made and intend to stick to. But why?

I value myself. I value my physical health and my mental well-being. I value my education, my opportunities, my goals and my future. I'm not going to do anything that could put any of these at risk.

The possibilities of sexually transmitted infections or an unwanted pregnancy terrify me. Some STIs are curable, but even those can cause reproductive problems if not detected soon enough. Other STIs, like herpes, are incurable and can cause a lifetime of problems. And as most know, AIDS/HIV is particularly fatal.

I could live through most STIs or a



pregnancy, but I would rather not. My dreams of graduating, becoming a successful journalist, and volunteering time to youth programs would be put on hold or completely altered. My parents would be disappointed, although they would stand by me. I would probably be too preoccupied by my feelings of disappointment, guilt, and regret to do much of anything else.

I am not a gambler. I usually only go for the "sure thing." According to the Sexuality Information and Education Council of the United

States (SEICUS), "Condoms are 98 percent effective in preventing pregnancy ... and up to 99.9 percent effective in reducing the risk of STD transmission when combined with spermicide." Sorry, those chances aren't good enough for me if I'm betting with my body. Even scarier is according to SEICUS "at least one person in four will contract an STD at some point in his or her life."

I know first-hand that hormones are strong forces, especially during high school and college. I commonly notice myself admiring some of the

males in my classes instead of paying my full attention to the lectures. But this is a mind over matter situation. I've been able to hold out for more than 21 years, and as yet I have had no reason to regret my decisions.

Paperboy put it best in "Ditty," one of my favorite old school hip-hop songs, when he said, "My life is worth more than my erection." OK, I don't get erections, but the concept is the same.

Anne Guilford is a journalism junior and Summer Mustang Staff writer.

A thin line between religion and pornography

It is safe to say that, by college, most people have at least glanced at some item considered by most to be pornographic. Many have done more than just glance. In fact, clinical psychologists have classified pornography addiction as a compulsive disorder much like an addiction to drugs or alcohol, and can be a devastating problem to both the addict and their family.

A recent survey of pornography addicts

Commentary

www.no-porn.com reported that, out of 5,750 respondents, 4,140 considered themselves to be religious.

Ironically, the vast majority of support groups devoted to helping pornography and sexual addicts are church-based.

However, I did not find one church-based support group that addressed the issue without using divergent biblical jargon and coming across as hypocritical. Most of the groups even lumped pornography addiction together with masturbation and homosexuality as sins. While I am not attempting to judge the message by the messenger, the narrow-

mindedness and dogmatism expressed by most of these groups may be doing more harm than good in reaching out to those who need help.

Possibly the most hypocritical of the Web sites I found was the Catholic Support Group for Pornography Addiction Recovery (CSGPA) at www.saint-mike.org. The main goal of the CSGPA is stated as "to cease the slavery to pornography, lust, and masturbation or other sexual sins that seem to plague us." The site, riddled with grammatical and punctuation errors, begins by inviting all to "come join us in this place of love and support."

There is no greater example of love, support and acceptance than the application to become a member of the recovery group.

The application, which is several pages long and punctuated with angry red font and underlined passages, stated that, in order to join, one "must NOT challenge Church teachings" or have views consistent with those of "any organization that promotes abortion, abortion rights, contraception use, women priests, liturgical dancing, homosexual marriages or normalization of homosexual sex, and

other so-called 'liberal' views contrary to the official teaching of the Church." It is also important to note that membership will be denied if one believes that Pope John Paul I, Pope John Paul II, Pope John Paul VI, or Pope John Paul XXIII are not all "valid and genuine Popes."

I would have thought that viewing pornography in the first place would constitute having views "contrary to the official teaching of the Church," but evidently the principles of this site are over my "so-called 'liberal' head."

The Fires of Darkness Ministry at www.firesofdarkness.com has a relatively simple solution for warding off the temptation to look at pornography: "Speak to the temptation. It does not take a lot of words. It is not a complicated process. First say: 'Father, I plead the blood of Jesus over my mind and over this temple.' Then say, 'Satan, in the name of Jesus and the blood of Jesus, I rebuke you and I command you to go and take this temptation to (name whatever sin is tempting you) with you.'"

It is as simple as that! Although, the author insisted, it is not necessary to shout at Satan. He is not deaf.

One Christian Web site dealing with current events at read-thetruth.com/pornography.html explained that "when a man witnesses a sexual act, certain chemicals are released into his brain, burning the sexual image into his mind," therefore beginning the process of addiction. Most of the sex that goes on in the world is not "intimacy (sic)," the author of the site explained, "it is lust. We are taught in the Bible that lust is a sin. To even lust after one's own wife is a sin." Call me unenlightened, but I would think that a recovering sex addict would not take this kind of information particularly well.

There are dozens of sites like these, whose doctrinal authors and administrators promised messages of love and acceptance for recovering addicts while contradicting themselves a single paragraph later (not to mention scaring away intellectuals with their often medieval grasp of the English language). I hope that sometime in the next century these people will realize that a little humility and compromise can go a long way.

Kat DeBakker is a journalism senior and Summer Mustang staff writer.

Letter policy

Columns, cartoons and letters reflect the views of their authors and do not necessarily reflect those of Summer Mustang.

Summer Mustang reserves the right to edit letters for grammar, profanities and length. Please limit length to 350 words.

Summer Mustang encourages comments on editorial policy and university affairs. Letters should be typewritten and signed with major and class standing. Preference is given to e-mailed letters. They can be mailed, faxed, delivered or e-mailed to mustangdaily@hotmail.com. Do not send letters as an attachment. Please send the text in the body of the e-mail.

Summer Mustang

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"The Summer Mustang only puts out once a week."

Wait until the sparks fly

Having sex with somebody you don't know, a complete stranger, can be exciting, and many people in our culture have casual sex. In the movies, especially, we are bombarded with images of relationships which begin with sex, instead of any length of "courtship" before taking the big step. Sometimes you can luck out and the person you happened to go home with from a party turns out to be a stable, interesting, and fun human being whom you would like to date, but more often than not, this may be a person who you not only have nothing in common with, but somebody you can't (or don't want to) even be friends with. There is something to be said for getting to know a person before jumping in the sack. It's good if you actually like the person before sleeping with him/her, so as you get to really know this other person, when you do decide to sleep together, you will be making love to the whole person and not just to a body.

Commentary Sex is sex. Intimacy, however, takes time to develop and brings a connection and a depth to sex that fuses souls together. Once having made love, casual sex is exactly that: impersonal.

It is easy to get into a relationship and it is very hard to get out of them. Some people jump from person to person and never take the time to become

"There is something to be said for getting to know a person before jumping in the sack."

comfortable and happy with themselves, which is essential to be able to have a healthy relationship.

I don't think there is any such thing as a perfect "soulmate" out there. In any given pool of people there are a few to whom you are attracted, and of those people, only a small number are also attracted to you in return. Some of those people might already be married, might have just had a family member die and be grieving, might have just broken up and are not ready for a relationship, and some might be too messed up to be a good choice even though they are physically appealing. So, of this tiny group of potential partners, what are the chances that you would meet, both be in a space to have a healthy relationship, and can deal with each other's flaws? (We all have them.) Some combinations bring out the best, and other times people can bring out the worst in each other. There are just some bad combinations. A partner is not a trophy. If the person is somebody you can't talk to, no matter how cool or what a hottie that person is, it's not going to last. Communication is the key to a relationship. Communication and trust.

My definition of love is this: when a person is your best friend, and when you kiss, sparks fly. So, see who's out there. Take your time. It's better to be alone than in a bad relationship.

Angela Blewitt is a Cal Poly graduate student.



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SEX Summer Mustang Survey

We interviewed 50 students: 25 Male & 25 Female

- How old were you the first time you had sex?

	M	F
Still a Virgin	6	3
Before 13	2	0
14-16	4	4
17-19	12	13
20-22	1	5
- Have you had oral sex? (BOTH male & female)
Yes 40 No 4
- Do you prefer oral sex instead to intercourse?
Yes 10 No 27
- Do you consider oral sex as sex?
Yes 18 No 20
- What kind of contraceptive do you or your partner use (if any?)
Pills 22 Condoms 30 Diaphragm 1 None 3 Other 1
- How many partners have you had throughout your life?
1 partner 12 2-4 partners 15
5-10 partners 8 More than 10 partners 6
- How often do you have sex?
1-5 times a week 12 5-10 times a week 3
More than 10 times a week 4 1-5 times a month 16

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Playboy bunny could run with the Mustangs

Cal Poly's cross country team could be running against more than fierce competition this fall. When the Mustangs square off against Cal State Fullerton at the Stanford Invitational next month, they could be running head-to-head with a Playboy model.

That's right, Leilani Rios isn't stopping at turning heads on the track this fall. The Cal State Fullerton distance runner is turning heads at a popular night club and will get plenty of double checks at newsstands in October.

Cory Dugan

The Mustangs could have three opportunities to lay eyes on Playboy's latest postergirl beginning Sept. 29 — just in time for the bunny's nude photos in the October issue of Playboy. The model will then grace us with her presence at a pair of Cal Poly meets on Oct. 13 and 27.

So guys, bring your copy of Playboy to the Fairbanks Cross Country Course, maybe she'll allow autographs between heats.

Recently, HBO "Real Sports" ran an hour special explaining the story of this young woman. Rios was kicked off the Cal State Fullerton track and field team two years ago for her "unacceptable" extracurricular activities at the Anaheim's Flamingo Theater.

This runner by day, stripper by night has been invited to begin practicing with the team again starting Aug. 14. This came after Rios proved it was her constitutional right to be able to bare all, when and wherever she pleased.

In February 1999, Rios was given an ultimatum by her coach John Elders, who found out she was doing more than just shaving her mile time after school.

Once Elders got wind of her performances at the Flamingo Theater from the Fullerton baseball team, he told Rios to choose between cross country or stripping.

She chose stripping.

While a member of the baseball team leaked the story to the cross country coach, the baseball team itself received no punishment for going to the strip club.

So why wasn't the baseball team reprimanded?

Rios said politics had a lot to do with it, noting that the baseball team came to the strip club when their season was at its peak. If the administration intervened, the team's World Series hopes would have been lost, seeing that more than half the team was there.

So the heat was pushed primarily on Rios, who said her coach couldn't understand the way she was making a living. In the HBO interview, she said his strong Christian beliefs are what held him back from having any understanding for what she was doing.

"I determined that Ms. Rios' decision to remain an exotic dancer would detract from the image and accomplishments of her teammates, the athletic department and the university," he said.

Fortunately for Rios, there were some coaches who didn't feel the same.

"I hate to see a girl give up on running because of something so ridiculous," said Matt Simpson, track and field coach at West Coast College in Huntington Beach.

Although, Simpson is probably trying to get a free copy of October's Playboy, he indeed sounds sincere.

The junior kinesiology major justifies her choice of employment by saying she is just a poor college student trying to pay her way through school. Although some might give her the benefit of the doubt, others believe she's more interested in publicity than contributing to the cross country team.

It's no wonder she jumped at the opportunity to pose for Playboy. After all she is a "poor college student," just like the rest of us.

But it's hard to feel sorry for this woman, even though she has been through a lot — cross country standout turned stripper turned Playboy model turned cross country runner again.

So here's a little advice for the Cal Poly cross country team in regards to the upcoming faceoff with Cal State Fullerton: keep your eyes on the finish line rather than the centerfold.

Cory Dugan is a journalism senior. He can be reached at cdugan@calpoly.edu.

MUSTANGS IN THE NFL



MAKING THE CUT

Thomas, Kroeker and Loud battle for position at the next level

By Brian Milne

SUMMER MUSTANG SPORTS EDITOR

Are you ready for some football? A trio of former Mustangs are. Dustin Kroeker, Kamil Loud and Chris Thomas are all vying for the few remaining spots on NFL rosters this pre-season.

Kroeker could get his first shot on the NFL turf Friday in the Detroit Lions' exhibition opener, while Thomas and Loud continue to battle for time at the wide out position.

Aside from Kroeker, Loud and Thomas, just two former Mustangs remain in the NFL ranks and both walk the sidelines as coaches.

Andre Patterson — who coached at Cal Poly from 1994-96 — is a defensive tackles coach for the Dallas Cowboys, while LeCharles McDaniel — who played for the Mustangs' Division II championship squad in 1980 — is a Washington Redskins' assistant.

Cal Poly has produced 63 professional football players since 1954, but few have actually cracked NFL rosters, and even fewer were drafted before the fourth round.

Of the 63 former Mustangs attempting to compete at the next level, 40 broke through as free agents, including two of Cal Poly's recent products.

Dustin Kroeker, Detroit Lions

The agribusiness graduate just left Cal Poly this spring and is already making a dent in the real world as a tackle for the Lions.

The undrafted rookie signed with Detroit on April 27 and survived a grueling preseason camp to the Lions' first exhibition game Friday against the Cincinnati Bengals.

But with a pair of cuts still lingering on the horizon, Kroeker isn't purchasing a home in Detroit just yet.

"I'm not too sure if I'll be a Lion this year, but I'll be playing football," Kroeker said Wednesday in a phone interview from the Lions' camp at Saginaw Valley State University in Michigan. "My roommate, who was a guard, was cut last night. They have a lot of money tied up in these guys out here and it's pretty cutthroat for the free agents. You never know where you're going to end up. I could be a back-up guy or a practice guy, you just never know."

Kroeker transferred to Cal Poly from Bakersfield College in 1999 and evolved into the Mustangs' top pass blocker as a senior.

His junior year, the quick-footed 6-foot-5-inch, 290-pounder started every game at right tackle.

Kroeker followed up the stellar campaign by starting all 11 games as a senior, allowing all-independent quarterback Seth Burford to unleash 2,672 yards passing.

"He's a true team player," said former Cal Poly head coach Larry Welsh. "He did it all for the team because his primary goal was always to put the team first."

Kamil Loud, Pittsburgh Steelers

Loud lived up to his name while sporting a green and gold uniform for the Mustangs.

From 1994-97, the sure-handed wide receiver made a deafening statement, setting school records with 3,124 yard receiving, 26 touchdowns and 169 receptions in his career. The all-NCAA Division I-AA selection averaged 18.5 yards a catch and was a two-time Sporting News all-American.

"He's got the right personality now when he walks into camp," Welsh said. "He's got the confidence in himself, which has come with maturity. Hopefully he'll go in there and become one of the guys so that he can take care of business."

Last season, Loud signed on with the Steelers in December after first-round draft pick Plaxico Burress went down with a wrist injury. But Loud was kept inactive for the team's final four games.

Currently, Loud is among 11 wide outs on the Steelers' roster after the preseason opener — a 17-16 win over his former team, the Atlanta Falcons.

Loud was released from the Falcons during training camp a year ago after playing in seven games with the Buffalo Bills as a rookie. He made six catches for 66 yards.

Chris Thomas, Kansas City Chiefs

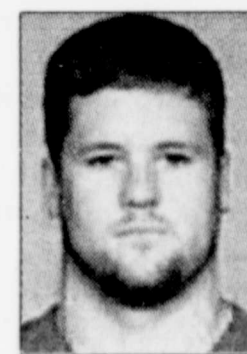
"C.T." is 30 years old and he's still a mamma's boy, remembering his mother's voice every time he steps on the gridiron.

"The best advice I've ever been given was by my mamma, 'don't ever give up on anything you want to do or accomplish.'"

And the English graduate hasn't given

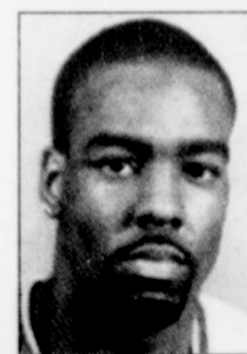
VYING FOR TIME

Dustin Kroeker, Tackle
Detroit Lions, 63



Cal Poly 1999-2001
NFL experience: Rookie
Acquired: Free Agent '01
Height: 6-5
Weight: 290
First exhibition game: Friday against the Cincinnati Bengals

Kamil Loud, Wide Receiver
Pittsburgh Steelers, 83



Cal Poly 1994-1997
NFL experience: 3rd year
Acquired: 7th round '98
Height: 6-0
Weight: 190
Next exhibition game: Aug. 15 against the Minnesota Vikings

Chris Thomas, Wide Receiver
Kansas City Chiefs, 89



Cal Poly 1987-1990
NFL experience: 6th year
Acquired: Free Agent
Height: 6-0
Weight: 190
First exhibition game: Monday against the Washington Redskins

PHOTOS COURTESY NFL.COM AND CAL POLY SPORTS INFO

up his NFL career, filling his niche as an all-purpose, special teams man the past few seasons.

Last year, he played in 16 games on the defensive side of the ball for the St. Louis Rams. He didn't come away with any regular-season offensive stats, but caught a touchdown pass in the Rams' preseason game against the Dallas Cowboys.

In 1998, he caught a career-high 14 passes, but it wasn't until the following season that Thomas proved he could be a go-to-guy at the NFL level, catching four passes for 62 yards against San Diego.

This season, Thomas is reunited with coach Dick Vermeil, who led the Rams to the Super Bowl XXIV title 2 years ago.